



YOUR GOAL: **MG**
SODIUM EACH DAY

Five Quick Sodium Control Tips

1. Limit yourself to ~2300 mg sodium or follow your physician's recommendation.
2. Enjoy plenty of fresh fruits and vegetables-most are very low sodium or sodium-free.
3. Season foods with herbs, spices, vinegars and fruit juices.
4. Read the Nutrition Facts label to identify the sodium in your food selections.
5. Keep the salt shaker in the cabinet and use minimally, if at all (1 tsp. of salt~2,300mg sodium).

EAT SMART: MAKING SENSE OF SODIUM

What is sodium?

Sodium is a naturally occurring mineral found in all foods. The body uses this essential nutrient to help regulate fluid balance and blood pressure. Too much sodium can contribute to high blood pressure - a major risk factor for heart disease, stroke and kidney failure.

How much sodium do you need?

The body only needs about 500 milligrams a day of sodium, but it's not uncommon for people in this country to consume 4,000 to 5,000 milligrams of sodium daily. The 2005 Dietary Guidelines suggest a sodium intake of 2,300 milligrams or less per day for most adults.

Good to Remember:

- Although ingredients in a recipe as simple as a sandwich may be naturally low in sodium on an individual basis, when combined, may add up to more sodium than you think.
- Select generous servings of fruits and vegetables that are naturally low in sodium.
- If you are watching your sodium intake, a chart like the one below can help you keep sight of your total daily intake.

This chart shows you how foods contribute sodium to your day (we used 2,300mg as the recommended limit):

Limit your sodium intake to 2,300mg or less	SODIUM	% DAILY VALUE	REMAINING DV
Table Salt (1 tsp)	2358 milligrams	103% DV	0 milligrams
Homemade Sandwich (2 slices bread, 2 oz. ham, 1 oz. cheese, 1 tsp. mustard)	1095 milligrams	48% DV	1205 milligrams
Salad Bar (Greens, 1 oz. cheese, 1 oz. turkey, 2 Tbs. Dressing, 1/2 oz. croutons)	940 milligrams	41% DV	1360 milligrams
Canned Chicken Soup (1 cup)	850 milligrams	37% DV	1450 milligrams
LEAN CUISINE® Chicken, Spinach & Mushroom Panini	670 milligrams	28% DV	1630 milligrams
Pretzels (1 oz)	486 milligrams	22 % DV	1814 milligrams
Deli ham (1 oz)	341 milligrams	15 % DV	1959 milligrams
Corn Flakes (1 cup)	298 milligrams	13 % DV	2002 milligrams

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